



**September 2017**

**A Publication of Top Flight Gymnastics**

# **gym-NEWS-tics**

**Join our Martial Arts classes!!**

**Classes offered for students ages 5 & up!**

**TFG All Stars Cheer Clinic**



With a bloodcurdling cry, your 6-year-old leaps into the air in a karate kick, raising your hair and blood pressure simultaneously. Before you panic and pad the walls, try channeling this urge into a martial arts class.

Activities like tae kwon do, kung fu and aikido are a fun way for both boys and girls to achieve fitness and focus. Some parents may think they also promote violence, but that's a myth, according to experts. The martial arts actually help teach self-discipline and socialization skills. In fact, many parents whose children have attention-deficit/hyperactivity disorder (ADHD) report great success with these programs because self-control and concentration are exactly the skills underdeveloped in ADHD kids.

Our program is based on a reward system and focuses on discipline and channeling aggression all while fostering self-esteem and teaching essential self defense skills. The art of Tae Kwon Do is utilized to challenge students both physically and mentally by combining the most effective forms of self defense that have evolved over time. This approach provides students the most realistic training available in a safe, fun, friendly and truly diverse training environment. All classes are taught by master instructor, Mr. Clyde Arnold. Clyde holds a Black Belt Instructor Certification in Tae Kwan Do.

**Ages 5 - 7 (45 Minutes)**

Specifically geared to the young beginner with a shorter class length, this age group will allow children to focus completely and come back week after week ready for more. Love of the activity and fun while learning will be emphasized at this entry level. The emphasis is on focus (the ability to put attention on the task at hand regardless of inner or outer distractions), listening skills, coordination, brain/body communication and motor skills. Fundamentals will be established for more in depth training.

**Ages 8 - 12 (1 hour)**

At this level, execution of powerful and precise techniques will be obvious as well as improved concentration, self assurance, confidence and respect. Just as important as the blocks, kicks and punches learned is the lesson of patience. The importance of repetition to reinforce perfection will become evident to every beginner as self control grows. As well as deepening their training, children are now introduced to more traditional form of Tae Kwon Do. The deep stances and precise movements build strength, stamina, focus, breath control, balance and coordination.

**Ages 13 up (1 hour)**

The teen class includes beginner and intermediate students. The curriculum and benefits of the training are that of the other youth programs but the training is presented in a manner that is appropriate and enjoyable for their age. Teens will enjoy the increase in athletic skills and confidence.

Is your child interested in competitive cheerleading? Join us for a fun afternoon filled with stunting, jumps, motions, dancing and tumbling. There are no skills required to attend to see if this is the sport for you!

**Who:** Mini Division Ages 5 –8

**When:** Sunday Sept 10, 2017

**Time:** 5:00 pm - 7:00 pm

**Cost:** \$30 members  
\$40 non-members



# 15 REASONS YOUR PRESCHOOLER SHOULD DO GYMNASTICS (THAT HAVE NOTHING TO DO WITH LEARNING GYMNASTICS)

POSTED BY [ANNEJOSEPHSON](#) ON SEPTEMBER 22, 2014

What if Johnny never learns a cartwheel? Or how about if Janie never masters holding a handstand? Would there still be any value in putting your preschooler in a gymnastics class? Yes, I say. Absolutely, yes.

In addition to it being a lot of fun, here are twenty reasons your preschool aged child should do gymnastics that have nothing to do with learning gymnastics.

1. **Separation.** Learning to leave your parent or caregiver in the lobby while you go into class is the beginning of learning how to separate before a child goes to school. The ability to adjust to new situations is an important part of a preschoolers' education.
2. **Following directions.** Gymnastics teaches kids to follow multi-stepped directions. Going around the obstacle course and remember what to do at each station is far more than gymnastics training.
3. **Following safety rules.** Listening to the rules of how we keep ourselves safe in the gym helps children learn how to follow rules at home and school. It places an importance on the concept of personal safety that is relevant for life.
4. **Patience.** No one likes waiting, especially 3, 4 and 5 year olds! Practicing standing in line for short periods of time and containing your excitement as you wait for your turn on the trampoline are just a couple ways gymnastics teaches patience.
5. **Conflict resolution.** It's not easy when you don't get to be first. Or you don't get the pink poly spot. Or you are unable to stand next to your favorite friend in line. Gymnastics teaches these lessons and helps children learn appropriate ways to resolve their conflicts.
6. **Interacting appropriately with adults and peers.** Learning to have good manners and speak in a way that is respectful is an important skill for preschoolers to learn. Gymnastics class helps a child learn to treat the teacher with respect and how to navigate social dynamics with their preschool peers.
7. **Discipline.** Combining listening, respect for rules and patience leads to discipline. When a child has the basics of discipline, self-discipline is the next step: the ability to self-regulate behavior.
8. **Coordination.** Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics.
9. **Asking for help.** Young gymnasts learn how to ask for help from their coach and their classmates.
10. **Coping with jealousy.** Inevitably another child will learn a skill more quickly, run a race faster or be chosen to lead the line for the day, and your preschooler will not like it. Gymnastics class gives your child an opportunity to cope with those yucky feelings and express them appropriately.
11. **Character.** Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking. Preschool gymnasts begin developing this important skill in class.
12. **Resilience.** A four year old falling down and getting back up while trying to master a cartwheel is learning resilience, the capacity to recover quickly from difficulties.
13. **The value of effort.** Gymnastics is not an easy sport. However, if children try hard they will see progress. They will understand the relationship between effort and success.
14. **Courage.** Gymnastics can be a scary sport. It is when we face something that pushes us out of our comfort zone that we have the opportunity to develop courage. Courage is not only being brave when we fear something but it is also a trait we can call upon when we have to do something that we do not wish to do, like chores or homework, all things that preschooler will be learning to cope with in the not-too-distant future.
15. **Self-confidence.** Is it any wonder that a child who develops all of these traits also develops self-confidence? Self-confidence is, simply put, your belief in yourself. If you are able to do class on your own, following the rules and directions, getting along with your peers, understanding that you are an able learner and that failing is ok because you are ambitious, have courage and grit is it any surprise that you are self-confident? So, while I hope all of the Johnny's and Janie's enrolled in a preschool gymnastics program learn great basic skills, have a lot of fun doing so, possibly falling in love with gymnastics and going on to stick with the sport through their childhoods, in the last analysis, these twenty traits will serve them well no matter where their athletic career goes.

Important Dates & Events	
LABOR DAY – GYM CLOSED	September 4 (schedule your make-up class)
Parents Night Out	September 19
Autopay runs for October Tuition	September 21
Bring a Friend Open House	October 14
Parents Night Out & Halloween Sleepover	October 21

